

# Great American Smokeout 2009—US Army Toolkit

Thursday, November 19, 2009

Army Great American Smokeout (GASO) 2009 Focus: **Army Strong**

## Guidance for publicizing the GASO at your installation:

- A. Submit print materials to installation **news outlets**
- B. Inform your target audiences of the health threats of **tobacco**.
- C. Provide **tobacco control** information to line assets.
- D. Collaborate with troop **medical assets**.

## Health Care Provider Resources

### 1. Institute of Medicine Report: **Combating Tobacco Use in Military and Veteran Populations (2009)**

This study, sponsored by DoD and VA, makes recommendations to reduce tobacco initiation and encourage cessation.

[http://www.nap.edu/catalog.php?record\\_id=12632](http://www.nap.edu/catalog.php?record_id=12632)

### 2. **Treating Tobacco Use and Dependence: Update from AHRQ (2008)**

Primary recommendation is that clinicians strongly encourage the use of effective tobacco dependence counseling and medication treatments to their patients who use tobacco,

<http://www.ahrq.gov/path/tobacco.htm>

### 3. **The Health Consequences of Involuntary Exposure to Tobacco Smoke: Surgeon General's Report (2006)**

<http://www.surgeongeneral.gov/library/secondhandsmoke/>

### 4. **VA / DOD Tobacco Use Cessation Clinical Practice Guideline (2004)**

[http://www.guideline.gov/summary/summary.aspx?ss=15&doc\\_id=6107](http://www.guideline.gov/summary/summary.aspx?ss=15&doc_id=6107)

### 5. **The Health Consequences of Smoking: Surgeon General's Report (2004)**

[http://www.cdc.gov/tobacco/data\\_statistics/sgr/2004/index.htm](http://www.cdc.gov/tobacco/data_statistics/sgr/2004/index.htm)

### 6. **Guide to Community Preventive Services (CDC)**

The guide includes systematic reviews of interventions for reducing tobacco use initiation, increasing cessation, and decreasing use at the workplace.

<http://www.thecommunityguide.org/tobacco/>

### 7. **American Lung Association**

Smoking Cessation Support includes a listing of state tobacco cessation coverage, fact sheets, and reports.

[http://www.lungusa.org/site/c.dvLUK9O0E/b.22931/k.8550/Smoking\\_Cessation\\_Support.htm](http://www.lungusa.org/site/c.dvLUK9O0E/b.22931/k.8550/Smoking_Cessation_Support.htm)

### 8. **Office on Smoking and Health (CDC)**

This is the lead federal agency for tobacco prevention and control. The website includes a "Quit Smoking" section with a Cessation Resource Center.

[http://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/index.htm](http://www.cdc.gov/tobacco/data_statistics/fact_sheets/index.htm)

## **9. Chantix (varenicline)**

FDA Medication Safety Notice

<http://www.fda.gov/Drugs/DrugSafety/PublicHealthAdvisories/UCM051136>

(Chantix is a registered trademark of Pfizer Inc. Use of trademarked name does not imply endorsement by the US Army but is intended only to assist in identification of a specific product.)

## **Patient Resources**

### **1. Quit Tobacco—Make Everyone Proud**

DoD Tobacco Cessation Campaign

<http://www.ucanquit2.org>

### **2, Smokefree.gov**

This site provides an online guide to quit smoking, links to expert help, print resources and studies.

<http://www.smokefree.gov/>

### **3. 1-800-QUIT-NOW**

This site provides information about a national tobacco cessation quit line(1-800- 784-8669) and nationwide listing of services.

<http://1800quitnow.cancer.gov/>

### **4. North American Quitline Consortium**

Scroll to the bottom of the page to find your free, local quitline.

<http://www.naquitline.org/>

### **5. San Antonio Military Medical Center Quitline**

<http://www.sammcquitline.org/>

## **Marketing/Print Resources**

### **1. Smoking and Tobacco Use Media Campaign Resource Center (CDC)**

[http://www.cdc.gov/tobacco/media\\_communications/countermarketing/mcrc/](http://www.cdc.gov/tobacco/media_communications/countermarketing/mcrc/)

### **2. Smokefree.gov print resources**

<http://www.smokefree.gov/resources.html>

### **3. Great American Smokeout Materials (American Cancer Society)**

<http://www.cancer.org/docroot/subsite/greatamericans/content/Materials.asp>

### **4. Great American Smoke Out: U.S. Army Resource Archive**

<http://chppm-www.apgea.army.mil/dhpw/Population/GreatAmericanSmokeoutResourceArchive.aspx>

### **5. DoD Tobacco Cessation Campaign**

<http://www.ucanquit2.org>